

# Fitness classes

## Ancholme Leisure Centre

Accurate as of 23/04/2024

### Times for Wednesday 22 August



Time	Session	Facility	Instructor
09:15 - 10:15	Aerobics	Sports Hall	Mel
11:00 - 12:00	Aquacise	Main Pool	Mel
18:00 - 19:00	Yoga	Leisure Suite	Stuart
19:15 - 20:15	Group cycling	Leisure Suite	Andy